



What is Meditation?

Meditation is the discovery of your own self. But once you have discovered the treasure a tremendous need arises in you to share it. That sharing is love. Meditation is like the sun and love is like the radiation reaching to faraway flowers to open, for birds to

sing, to make the whole living world alive, fresh, rejuvenated. Exactly what the sun is doing to the whole solar system, meditation does to the whole human world: it radiates love."

*-Osho,
The Invitation, Chapter #29*

Meditation Is Not Concentration

“Concentration and meditation are polar opposites. Concentration narrows down your mind; it is focusing on one point. It includes only something and excludes everything else. Meditation is all-inclusive, it excludes nothing. It is not a narrowing down of the mind, it is an expansion of consciousness. Concentration is of the mind, meditation is of consciousness. Concentration is mind, meditation is no-mind. Concentration is a tension: you will be tired of it sooner or later. You cannot concentrate for a long time, it is effort. But one can be meditative twenty-four hours, because it is relaxation.”

Osho,

The Book of Wisdom, Chapter #21



There Is No Shortcut

“One thing has to be remembered about meditation; it is a long journey and there is no shortcut. Anyone who says there is a shortcut is befooling you. It is a long journey because the change is very deep and is achieved after many lives - many lives of routine habits, thinking, desiring. And the mind structure; that you have to

drop through meditation. In fact it is almost impossible - but it happens.

A man becoming a meditator is the greatest responsibility in the world. It is not easy. It cannot be instant. So from the beginning never start expecting too much and then you will never be frustrated. You will always be happy because things will grow very slowly. Meditation is not a seasonal flower which within six weeks is there. It is a very very big tree. It needs time to spread its roots.”

Osho,

A Rose is a Rose is Rose,

Chapter #12

Osho' Active Meditations

Osho has devised a number of meditations to start your journey for inner growth. These meditations last for an hour and are accompanied with special music composed for each one of them. All of Osho's active meditations involve a beginning stage of activity — sometimes intense and physical — followed by a period of silence. All are accompanied by music that has been specially composed to guide the meditator through the different stages. Osho has also recommended different meditations for different times of the day.

Osho has spoken volumes on the subject of meditation. Virtually all his talks include the importance of meditation in everyday life. And despite the fact that he says meditation is not a technique, he has invented dozens of them, and spoken on dozens more from other traditions. Ultimately, meditation is an experience which is not easily

described, like the taste of cheese or falling in love -- you have to try it to find out. But for sure anyone interested in meditation will find something in what Osho has to say about this topic that "clicks" for them, just like a "knack" - including his insistence that he can be helpful to you, but ultimately each individual has to create his path by walking it.

Most of Osho's meditations begins with active stages -- sometimes intense and physical (which are just preparation for meditation and not the real meditation) -- followed by a period of silence (which is a real meditation stage). All stages except the silent stage are accompanied by different music. These music have been especially composed to guide the meditators through the different stages of meditation. These meditations can be categorized as Active Meditations.

There are some meditations in which very less or no physical activity is involved such as visualizing flowing like a river or breathing in a relaxed way. These meditations don't involve dancing, shaking or catharsis kind of activities etc. They can be categorized as Passive Meditations. All meditation techniques are have been scientifically designed by Osho Himself, so it is suggested that they be done in their complete form, with nothing shortened or omitted.



Active Meditations

"In Buddha's time, dynamic methods of meditation were not needed. People were simpler, more authentic. They lived a more real life. Now, people are living a very repressed life, a very unreal life. When they don't want to smile, they smile. When they want to be angry, they show compassion. People are false, the whole life pattern is false. People are just acting, not living. Many incomplete experiences go on being collected, piled up inside their minds.

Just sitting directly in silence won't help. The moment you will sit silently, you will see all sorts of things moving inside you; you will feel it almost impossible to be silent. First throw those things out so you come to a natural state of rest. Real meditation starts only when you are at rest."

-Osho,

*The Discipline of Transcendence
Vol. 2, Discourse #5 *#*



Osho's Main Active Meditation Techniques:

- Dynamic Meditation
- Kundalini Meditation
- Nataraj Meditation
- Nadbrahma Meditation
- No Dimensions Meditation
- Gourishankar Meditation
- Whirling Meditation
- Mandala Meditation
- Gibberish Meditation

Osho's Passive Meditations

"Be more meditative. Whenever you have any opportunity, any space, any time, just allow things to happen around you. Look deeply, attentively, but don't be active -- because activity means thinking. Sitting quietly, allowing things to happen, you will become silent.

Then you will come to know that silence is not a quality of the mind. Mind cannot be made silent. Silence is the quality of your inner soul, of your inner being. It is always there but because of the chattering, the constant chattering of the mind, you cannot hear it. Whenever you become passive, non-thinking, you become aware of it. Then you are unoccupied. In that unoccupied moment, meditation happens."

-Osho,

*My Way: The Way of the White
Clouds, Chapter #13#*

Osho's Passive Meditation Techniques :

- Vipassana Meditation
- Anapanasati Yoga Meditation
- AUM Meditation

The Meditator

"The eyes of a meditator have a different quality, a different depth, a certain compassion. The face of the meditator has something of the quality of a marble statue. The gestures of the meditator are so peaceful and so cool that if you can watch them, even watching them will bring coolness and silence and calmness to you.

The meditator walks differently; he has a grace in every one of his actions. He also speaks differently. He does not bother about linguistics or grammar, his whole concern is to expose his heart, as far as is possible, through his speaking or through his non-speaking. His presence has a tremendous vitality, a freshness, a youthfulness. Even at the last moment of his life... his body may have become old, but he is young."

-Osho,

The New Dawn, Chapter #24



Choosing A Meditation

“If you are body oriented, there are ways you can reach towards God through the body because the body also belongs to God. If you feel you are a heart oriented, then prayer, if you feel you are intellect oriented, then meditation. But my meditations are different in a way. I have tried to devise methods which can be used by all three types. Much of the body is used in them, much of the heart and much of the intelligence. All the three are joined together and they work on different people in a different way. Body heart mind - all my meditations move in the same way. They start from the body, they move through the heart, they reach to the mind and then they go beyond.”

-Osho,

*Tao: The Three Treasures,
Vol 4, Chapter #8, Question 2*

Creating A Space For Meditation

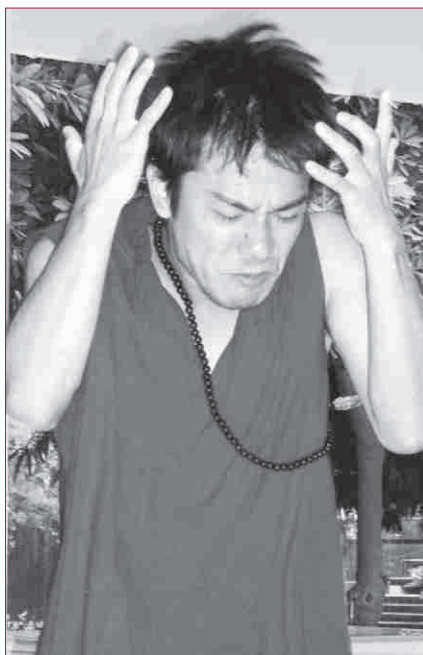
To start with one should practice meditation under guidance and in groups. One should attend 3 days meditation camps or other meditation events conducted at Osho centres in various places around the globe. Later on, one can individually practice the meditations at home. One should create a special place for meditation at home which he will not use for any purpose other than meditation. Then that place will help the person in meditation.

“If you can create a special place - a small temple or a corner in the home where you can meditate

every day - then don't use that corner for any other purpose, because every purpose has its own vibration. Use that corner only for meditation and nothing else. Then the corner will become charged and it will wait for you every day. The corner will be helpful to you, the milieu will create a particular vibration, a particular atmosphere in which you can go deeper and deeper more easily. That's the reason why temples, churches and mosques were created - just to have a place that existed only for prayer and meditation.”

-Osho,

*The New Alchemy: To Turn You
On, Appendix #17*



Does Meditation Help Solve Problems?

“If you are clear, if you can see, your life-problems dissolve. Let me remind you about using the word 'dissolve'. I am not saying you find

the answers, solutions to your problems, no. And I am only talking about life-problems; that's what you have asked about.

This is the most important thing about life-problems to understand: they are created by your unclarity of vision. So it is not that first you see them clearly, then you find the solution, and then you try to apply the solution. No, the process is not that long; the process is very simple and short.

The moment you can see your life-problem clearly, it dissolves. It is not that you have now found an answer that you will apply, and someday you will succeed in destroying the problem. The problem existed in your unclarity of vision. You were its creator.

Remember again, I am talking about life-problems. I am not saying that if your car is broken down you just sit silently and see clearly what the problem is: the problem is clear, now do something. It is not a question that you simply sit under a tree and meditate and just once in a while open your eyes and see whether the problem is solved or not.

This is not a life-problem, it is a mechanical problem. If your tire is punctured you will have to change the wheel. Sitting won't do; you just get up and change the wheel. It has nothing to do with your mind and your clarity, it has something to do with the county road. What can your clarity do with the county road? Otherwise, three thousand meditators here cannot mend one county road? Just meditation would have been enough -- and in the morning you would find an asphalt road.

But the question is only about

life-problems. For example, you are feeling jealous, angry, you are feeling a kind of meaninglessness. You are dragging yourself somehow. You don't feel that life is juicy anymore. These are life-problems and they arise out of your unclarity of mind. Because unclarity is the source of their arising, clarity becomes their dissolution. If you are clear, if you can see clearly, the problem will disappear."

-Osho,
From Misery to Enlightenment,
Chapter 20

Do Osho's Meditations Depend On His Presence?

"I have been making every effort to make you aware of your individuality, your freedom, your absolute capacity to grow without any help from anybody. Your growth is something intrinsic to your being. It does not come from outside; it is not an imposition, it is an unfolding.

All the meditation techniques that I have given to you are not dependent on me -- my presence or absence will not make any difference -- they are dependent on you. It is not my presence, but your presence that is needed for them to work. It is not my being here but your being here, your being in the present, your being alert and aware that is going to help. "

Osho,
Beyond Enlightenment,
Chapter 11

Where Can One Meditate

Osho Meditation Centers are located all around the globe. The Osho International Meditation Resort located in Pune, is the largest center in the world for meditation and personal growth processes. Spread over 28 acres of lush greenery, it is the place where the master lived and gave spontaneous discourses every morning and evening.

OSHO International

17 Koregaon Park, Pune MS 411 001 INDIA, Phone: +91 20 6601 9999 Fax: +91 20 6601 9990

Northern India Oshodham

Oshodham provides a peaceful ambience for those on the inner journey. It is among many Osho centres across the world dedicated to the creation of the new man through meditation. Located on the outskirts of Delhi, Oshodham is built on several acres of verdant land with functional and unobtrusive architecture and beautifully designed landscapes. Daily meditations, meditation camps and celebrations, workshops and groups are regularly conducted at Oshodham guided by experienced facilitators.

Oshodham

44, Jhatikra Raod, Pandwala Khurd,
Near Najafgarh, New Delhi, Phone: 26862898, 26963846, 25012026, 25012626
Email: contact@oshoworld.com, Website: www.oshoworld.com

Osho Nisarga

Nestled amidst lush green nature, singing streams, Osho Nisarga is a new meditation centre built near Dharamsala, with a scenic backdrop of the majestic Dhauladhar mountain range of the Himalayas. Osho Nisarga is designed to create an energy field for all seekers to gather together in the voyage of self-discovery. Managed by Ma Yoga Neelam, it is an invitation to experience Osho's Buddhafield.

Osho Nisarga

Village: Shilla, Post Office: Pantehar, District: Kangra, Dharamsala, HP - 176057, India
Tel: +91 - 1892- 275592, 275730, Mobile: +91-9418037370, 9418037373
Email: info@oshonisarga.com Website www.oshonisarga.com

Osho Om Bodhisattva Commune

Osho Om Bodhisattva Commune is a meditation campus in the exclusive and exotically green area of Dehradun, Uttarakhand, run by Swami Narendra Bodhisattva and Ma Amrit Mukti. Meditation camps and celebrations, workshops and daily meditations are conducted at the Commune.

Osho Om Bodhisattva Commune

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Website: www.oshobodhisattva.com

Search for your nearest Osho Centre at www.oshoworld.com

Ask A Question

"And we have all the arrangements for meditations, for group therapies, for counseling, for all kinds of possibilities that can help you to become a spiritual giant."

-Osho,
The Invitation.

Anything and everything you want to know about Osho and your spiritual journey - about spirituality, meditation or personal well-being - but did not know whom to ask, please email your query to us. Experienced facilitators will guide and assist in the healthy development of a person by offering support, evaluation, therapeutic guidance and meditation. Email: contact@oshoworld.com

Suggested Reading Of Osho Books

Meditation: The First and Last Freedom (in English)

Meditation: The Art of Ecstasy (in English)
DhyanYoga: Pratham Aur Antim Mukti (in Hindi)
Dhyan Vigyan (in Hindi)

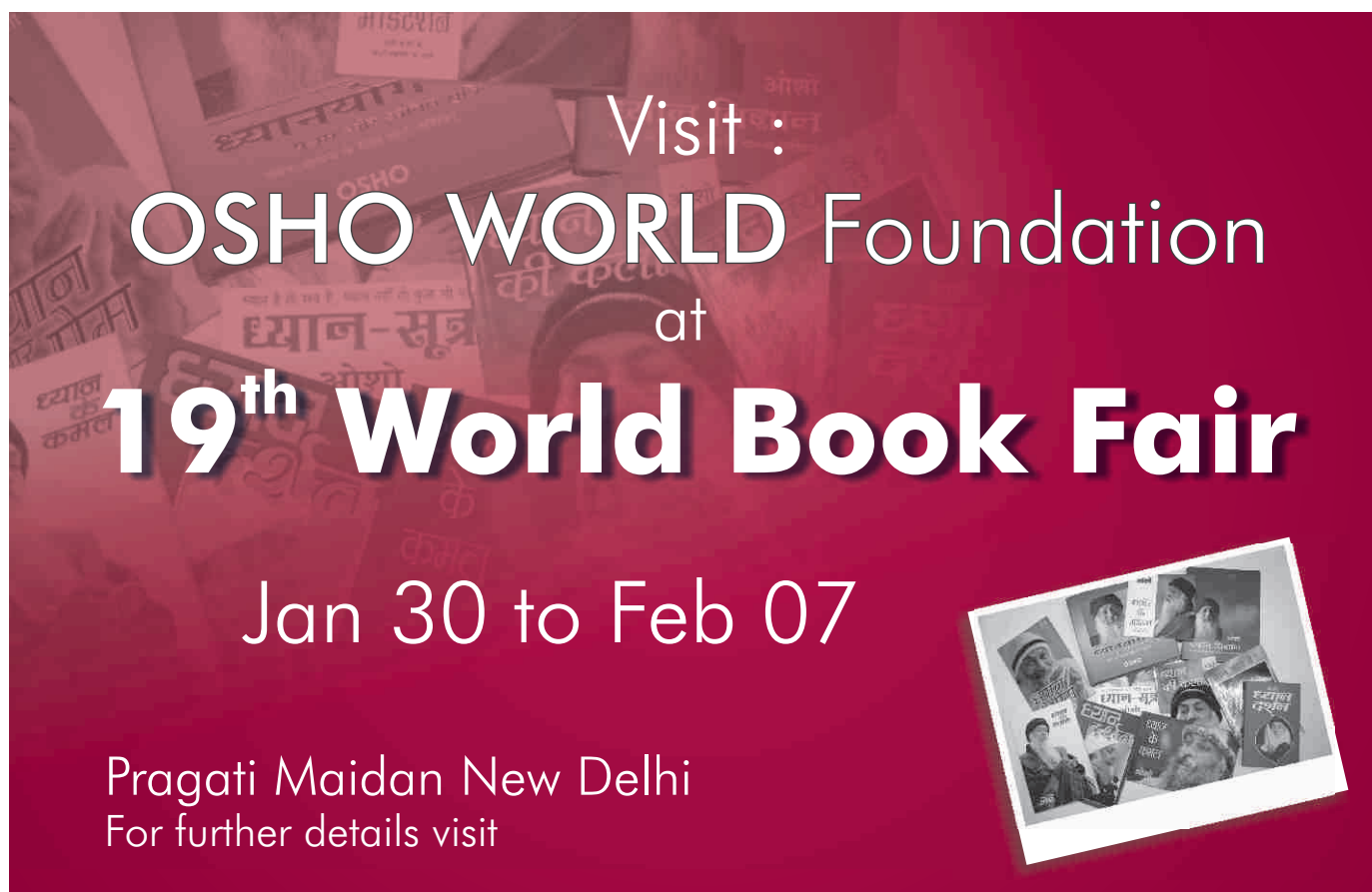
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Osho World galleria
BG-09 Ansal Plaza, Khelgaon Marg, New Delhi

Oshodham
44, Jhatikra Road, Pandwala Khurd, Near Najafgarh, New Delhi

Osho Rajyoga Meditation Center
C-5/44 Safdarjung Development Area, New Delhi-110016

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